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**PHYSICAL EDUCATION TEACHERS' OPINION
ABOUT ONLINE PHYSICAL EDUCATION TEACHING:
WHAT WE LEARNED AND HOW TO MOVE
FORWARD?**



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Content

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02 Method of work

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Challenges of online PE teaching

CHALLENGES in online PE teaching

TEACHING APPROACH

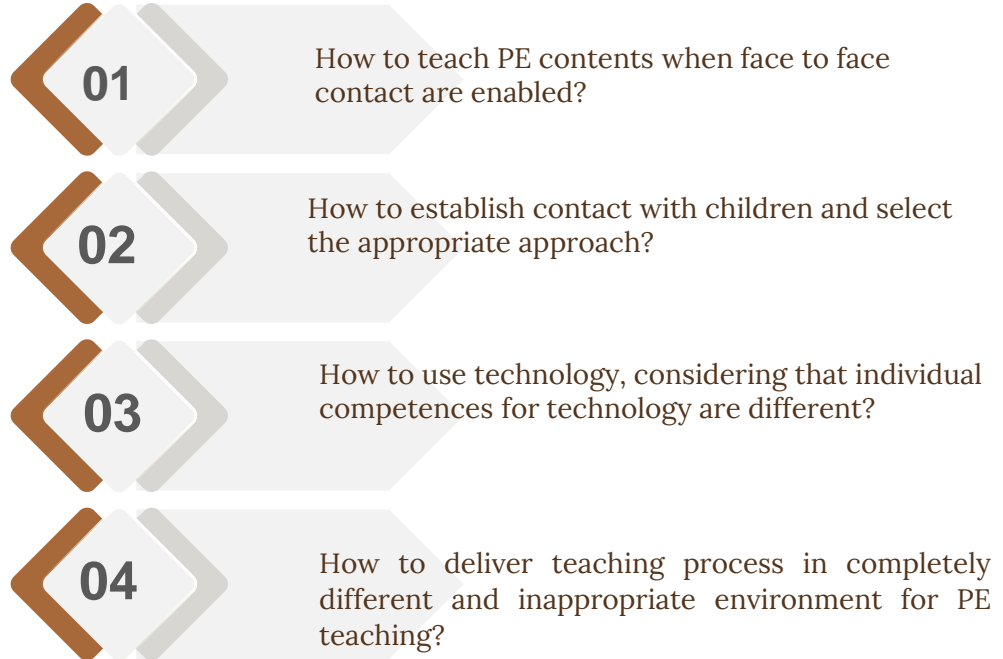
How to organize it to be:
Interesting, quality, interactive, effective

How to achieve and maintain the required
attention and dynamic for learning?

How to maintain the motivation of children
and interaction during classes?

How to realize curriculum contents at most
effective way and accomplish curriculum goals?

TEACHING PROCESS



CHALLENGES FROM TECHNICAL NATURE

Access to internet and stable internet connection

Appropriate place

- Quiet
- Enough space

Appropriate IT tool - computer, laptop.

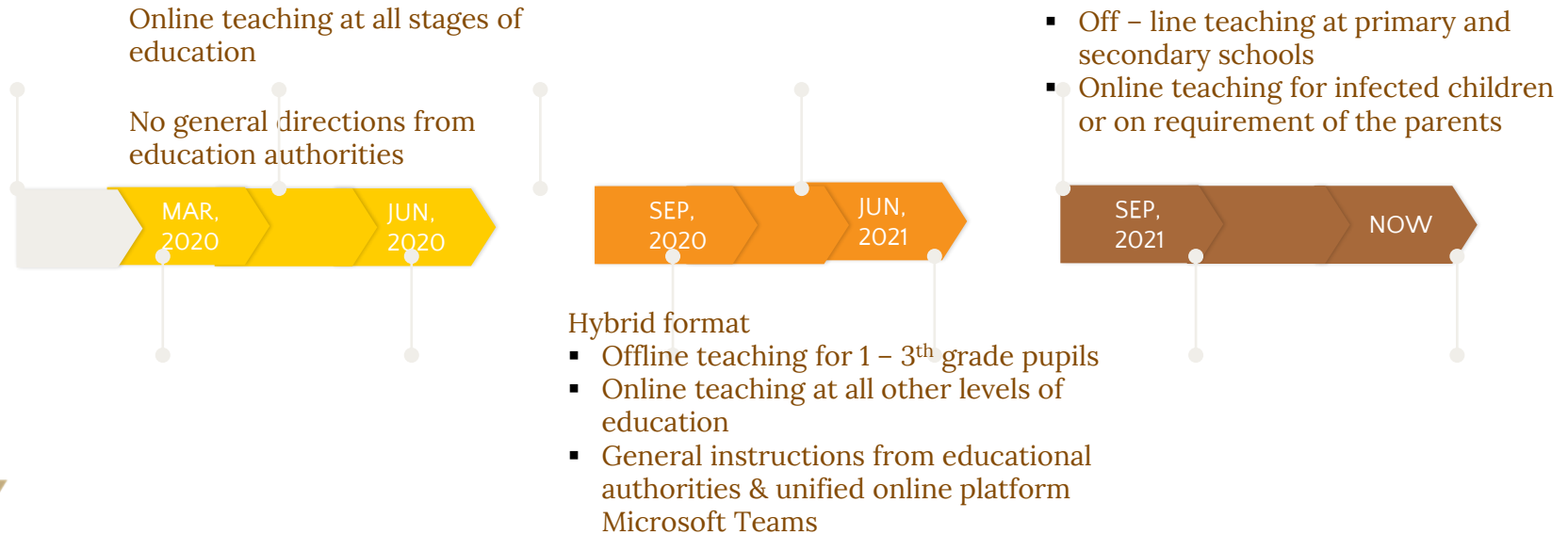
Health condition of children, teacher, family members

Surrounding – possibilities in home

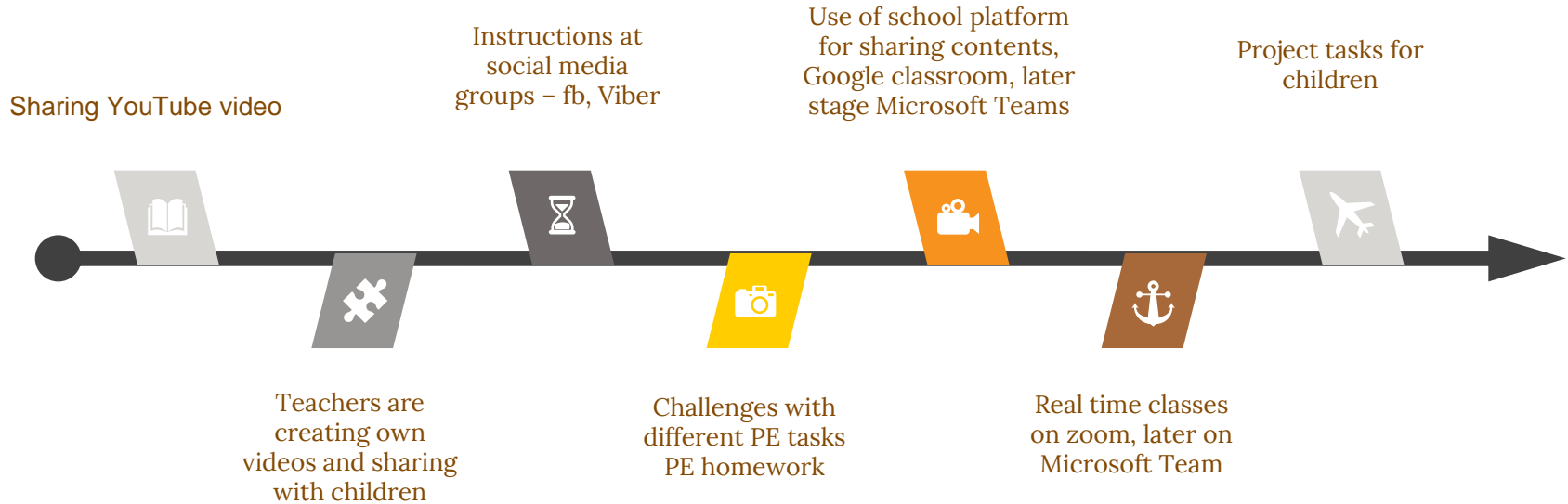




Timeline of approaches in PE online teaching during COVID 19



Different approaches in teaching online PE



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METHOD OF WORK

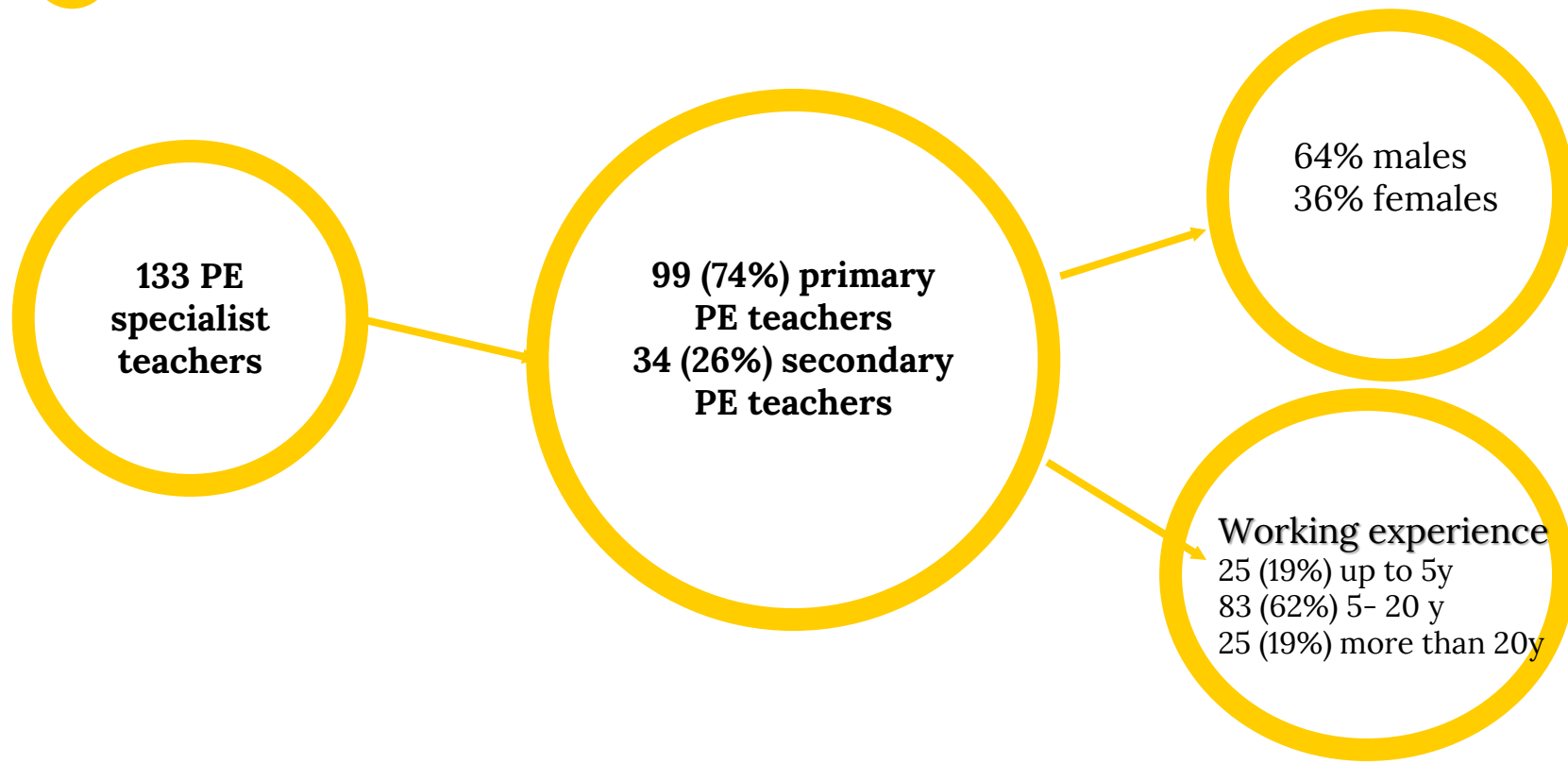
Aim of the study

The **purpose** of this study was to evaluate the quality of implementation and Physical Education (PE) teachers' perceived advantages, disadvantages, and encountered difficulties of online PE teaching during the first wave of the COVID-19 pandemic.

It was **assumed** that there would be differences in quality of online PE teaching based on level of schooling (primary & secondary school teachers) and working experience of the teachers.



PARTICIPANTS





METHOD OF WORK

Period

- May – June, 2020
- First wave of of COVID 19 pandemic

Instrument

- Questioner designed by Team of Department of Didactics of Physical Activity at Poznan University from Poland
- Online administration
- Validated (Cronbach Alpha)
 $\alpha = 0.94$ for advantages,
 $\alpha = 0.95$ for the negative consequences,
 $\alpha = 0.84$ for the biggest difficulties.)

Data analyses

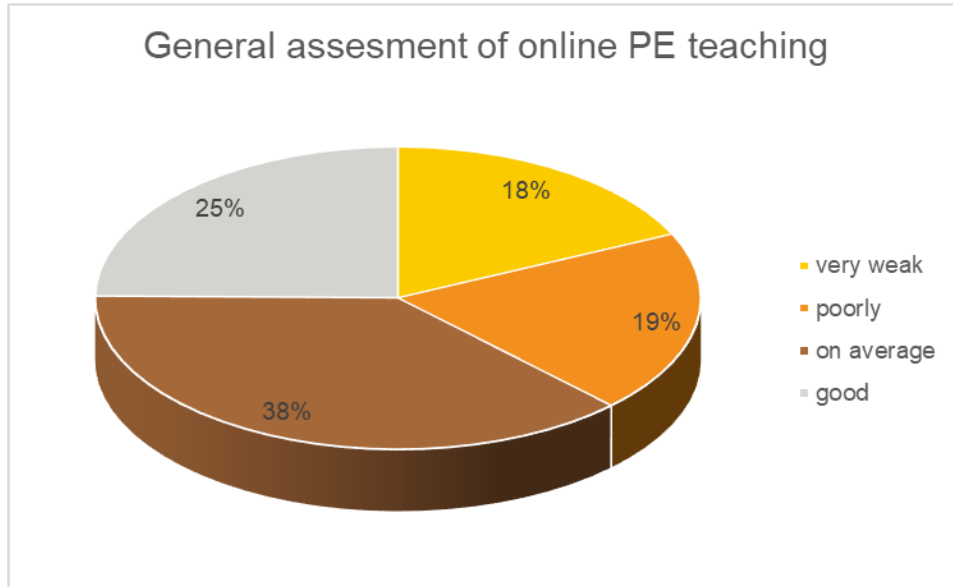
- Basic descriptive statistics parameters
- T- test and ANOVA to test differences in terms of school level and years of working experineces

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RESULTS



General assesment of online PE teaching



- 38% average
- 25% good
- Teachers with working experience up to 5 y evaluate online PE teaching higher compared to more experienced colleagues
- Compared to results in other countries that applied same questioner, Macedonian PE evaluate online PE teaching **lower** compared to PE teachers in Poland, Turkey, Bulgaria and Croatia (Korc et at, 2021)



71% started to use technology for the needs of online teaching

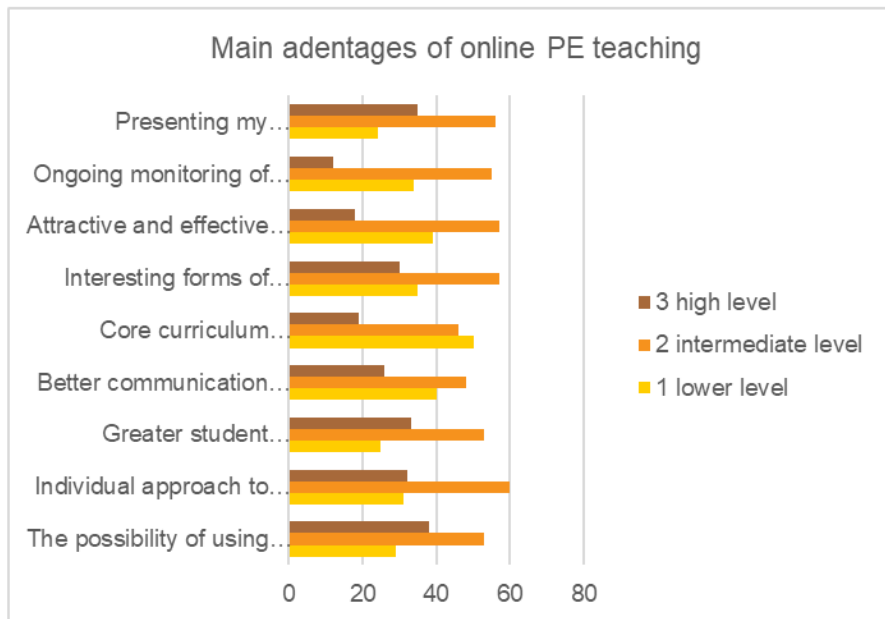
64% have online communication "in life" during online PE teaching (using zoom, Skype)



81% consider that PA level of children is decreased during online teaching



Main ADVENTAGES from online PE teaching



Advantages

- possibility of using modern technology in practice;
- presenting personal competences to students;
- greater students independence
- individual approach toward students learning

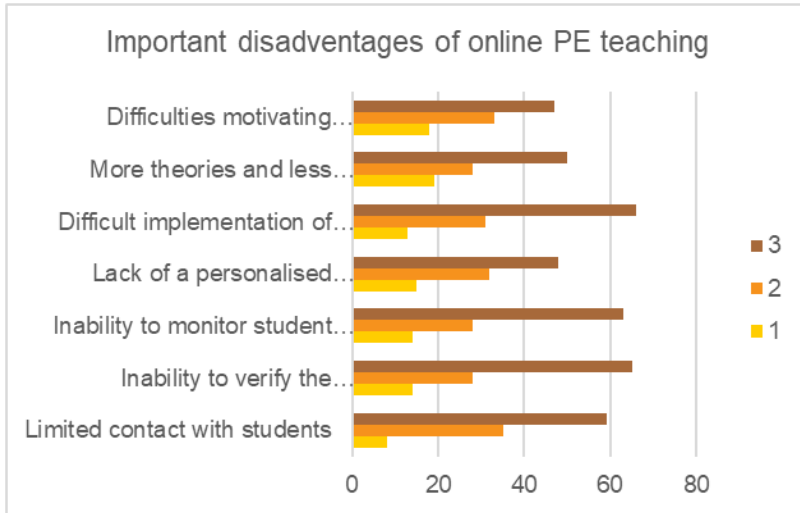
Secondary school teachers ($t=-1.946$; $df=128$, $p=.054$) and teachers with experience more than 20y evaluate higher students' independence as advantage of online teaching

Teachers with longer working experience find online teaching as more motivating for students and easy for individual approach



Main DISADVANTAGES from online PE teaching

Disadvantage



- difficult implementation of the core curriculum content
- inability to verify the implementation of movement tasks in a proper way;
- inability to monitor student progress in a satisfactory way

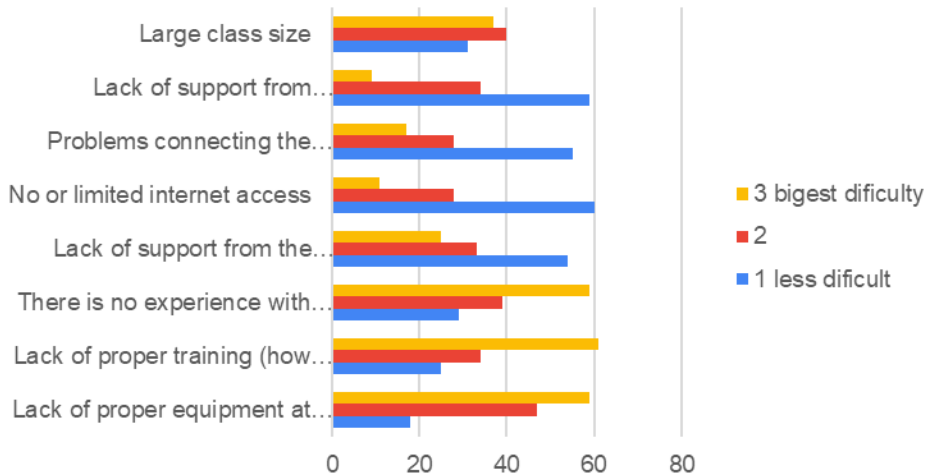
		ANOVA				
		Sum of Squares	df	Mean Square	F	Sig.
Limited contact with students	Between Groups	.844	2	.422	.406	.668
	Within Groups	117.596	113	1.041		
	Total	118.440	115			
Inability to verify the implementation of movement tasks in a correct / proper way	Between Groups	5.078	2	2.539	2.854	.062
	Within Groups	100.534	113	.890		
	Total	105.612	115			
Inability to monitor student progress in a satisfactory way	Between Groups	2.955	2	1.478	1.494	.229
	Within Groups	111.760	113	.989		
	Total	114.716	115			
Lack of a personalised approach with students	Between Groups	.843	2	.421	.333	.718
	Within Groups	141.731	112	1.265		
	Total	142.574	114			
Difficult implementation of the core curriculum content	Between Groups	1.541	2	.771	1.212	.301
	Within Groups	69.910	110	.636		
	Total	71.451	112			
More theories and less practice	Between Groups	8.059	2	4.029	5.507	.005
	Within Groups	71.704	98	.732		
	Total	79.762	100			
Difficulties motivating students to learn / work independently	Between Groups	7.591	2	3.795	7.384	.001
	Within Groups	48.828	95	.514		
	Total	56.418	97			

Differences regarding online teaching between teachers 20 y working experience compared with younger colleagues in two variables



Main DIFFICULTIES from online PE teaching

Biggest difficulties in online PE teaching



Difficulties and barriers

- lack of proper training for use of technology;
- lack of proper equipment at home (laptop, tablet, speakers, headphones, microphone)
- lack of experience with applications and platforms for online learning.

Differences based on years of experience

More experienced teacher main concern is unauthorized use of personal pictures and video, while for novices and less experienced safety of children ($F=3.734$, $df. 132$, $p=.026$),



Change of personal attitude toward teaching
63% (demotivated)

53% have change in level of satisfaction
from work in negative sense



Primary goal of online PE teaching:

- To encourage and support children to be physically active and develop healthy habits
- To find creative ways to realize PE curriculum
- Sources of motivation - social networks and You tube

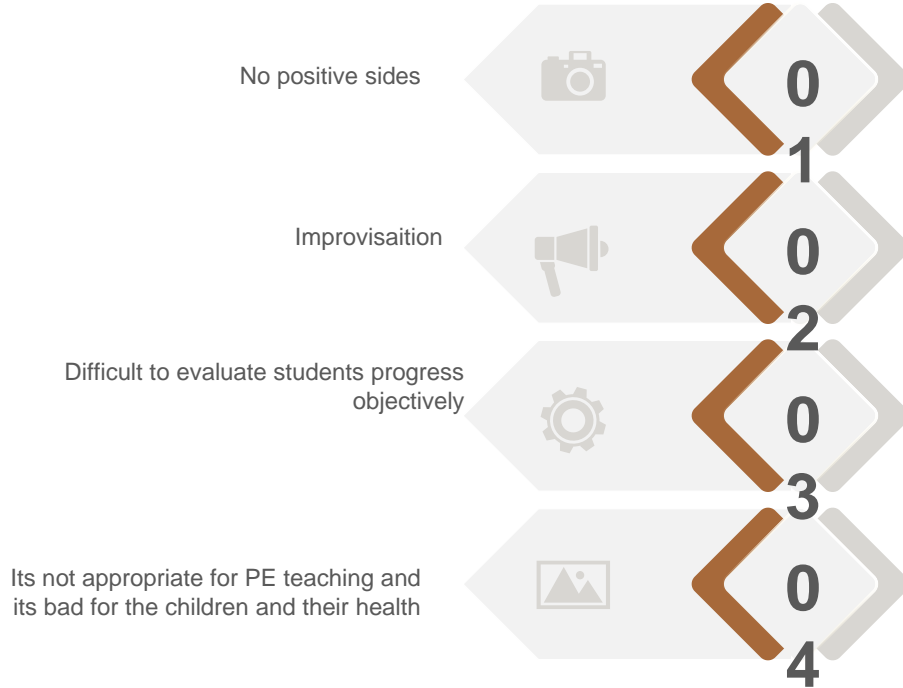
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What we learned? How to move forward

Positive experiences



But, there are opposite oppinions



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Examples of good practice

Experiences from schools



Online PHE classes

Recorded and YouTube
streamed video and
classes

YouTube:

<https://www.youtube.com/c/SportskiPedagoziKumanovo>

Outdoor activities

- Hiking
- Running
- Cycling
- Driving rollerblades

Educational workshops

- Nutrition
- Health protection

OUTDOOR ACTIVITIES

Contents and realization

Hiking, running, cycling, mountain biking, skiing

- PHE classes
- Extracurricular activities

Benefits:

- Use of potentials of nature
- Health benefits
- Environment protection awareness
- Learn for outdoor safety

Feedback from teachers:

- Children prefer outdoor activities
- They are active, have fun, enjoy and learn in same time
- Great interest for outdoor activities
- Manner to overcome lack of resources and use potentials of the nature



Examples provided by
teachers from
Stip (Petrov. M)
Kumanovo (Spasikj. J)
Veles (Nikolova. V)





KEY ELEMENTS FOR SUCCESSFUL STORIES



Clear idea and goal

- Based on students interests and real conditions
- Determine the strong and weak points, focus on possibilities and find solutions for problems



Motivated, enthusiastic and creative teachers

- Good team
- Same goal



Support for teachers

- Webinars and workshops
- Emphasize the positive aspects and benefits
- Networking
- Sharing the examples of god practice



SHARING AND NETWORKING IS THE KEY OF SUPPORT



THANK YOU

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